

CALENDAR YEAR _____

SURFACE RESCUE SWIMMER PRACTICAL TRAINING FORM				
TRAINING AREA	DATE	DATE	DATE	DATE
LIFESAVING PROCEDURES: COMPLETE ONCE EACH, EVERY QUARTER, DAY OR NIGHT				
	JAN-MAR	APR-JUN	JUL-SEP	OCT-DEC
APPROACHES/CARRIES				
ESCAPES/RELEASES				
EMER FLOTATION (MOB)				
PARACHUTE DISENTANGLEMENT PROCEDURES: COMPLETE ONCE EACH, EVERY 6 MONTHS, DAY AND NIGHT				
	JAN - JUN		JUL - DEC	
INTEGRATED TORSO HARNESS	(D)	(N)	(D)	(N)
U.S. NAVY BACKPACK	(D)	(N)	(D)	(N)
AIRSAVE VEST	(D)	(N)	(D)	(N)
RAFT	(D)	(N)	(D)	(N)
RESCUE EQUIPMENT/DEVICE PROCEDURES: COMPLETE ONCE EACH, EVERY 6 MONTHS, DAY AND NIGHT				
	JAN - JUN		JUL - DEC	
RESCUE STROP	(D)	(N)	(D)	(N)
RESCUE LITTER	(D)	(N)	(D)	(N)
SWIMMING PROFICIENCY: COMPLETE ONCE EACH, EVERY 6 MONTHS				
	JAN-JUN		JUL-DEC	
400 METER SWIM (NO GEAR)				
400 METER BUDDY TOW (MIN GEAR)				
DEPLOYMENTS: COMPLETE ONCE EACH, ANNUALLY				
	JAN-MAR	APR-JUN	JUL-SEP	OCT-DEC
FORECASTLE DECK				
RESCUE BOAT				
NAME:	RATE:		SSN:	

NOTES:

- (1) A SEPARATE TRAINING FORM SHALL BE USED FOR EACH CALENDAR YEAR.
- (2) ALL ENTRIES EXCEPT SWIMMER DEPLOYMENTS SHALL BE THREE LETTER MONTH DESIGNATOR FOLLOWED BY "D" OR "N".
EXAMPLE: FEB "D"
- (3) ALL APPLICABLE EQUIPMENT/DEVICES SHALL BE COMPLETED IF USED BY YOUR COMMAND.
- (4) FOR SWIMMER DEPLOYMENTS ENTER THREE LETTER MONTH DESIGNATOR FOLLOWED BY NUMBER OF DEPLOYMENTS
EXAMPLE: JAN "4"
- (5) NIGHT DISENTANGLEMENT TRAINING MAY BE CONDUCTED DURING DAYLIGHT HOURS IF TRAINING FACILITY AND EQUIPMENT IS CONFIGURED TO SIMULATE NIGHT PROCEDURES.